



Recommendations For Nutrition Policies In Utah Schools



Give kids choices that make the grade Elementary and Secondary Schools

- Implement the Nutrition Core Curriculum (Utah Office of Education) at each school.
- Limit food used for celebrations and rewards to less than once per month in each classroom.
- Achieve or exceed the federal standards for the school breakfast and lunch programs.
- Allow at least 10 minutes for breakfast and 20 minutes for lunch (once seated).
- Assure adequate facilities for each student to eat sitting down in the cafeteria.
- No competitive foods sold during meal times.
- Establish guidelines for competitive food sales (vending, school stores, etc.) that promote healthy eating. See accompanying document "Recommendations for Competitive Food Standards in Utah".
- Incorporate pricing that encourages the consumption of healthy foods in a la carte lines, vending machines and school stores.
- Include fruits, vegetables, salad bars, whole grain products and low-fat dairy and protein products while restricting the frequency of breaded and fried items as a la carte options in secondary schools.

References

- The U.S. Surgeon General, the CDC, the USDA, and the U.S. Department of Health and Human Services have all called on schools to provide a variety of health-promoting foods in our nation's schools [6], [7].
- More than 35 national education, health, fitness, and nutrition organizations and government agencies are Action for Healthy Kids collaborating partners and support improved child nutrition and physical activity in schools.
- More students are choosing to purchase foods from "competitive" sources such as a la carte and vending, which, unlike the National School Lunch Program, have no federal nutrition guidelines [8].
- Although the federal government bans public schools from selling "foods of minimum nutritional value" in the food service areas during the school meal periods, "regulation of competitive foods in other contexts is left to the states and school districts" [9].
- The amount of milk purchased by school districts fell by nearly 30% from 1985 to 1997. Districts bought 1100% more soft drinks during the same period [10].
- According to the CDC, "43% of elementary, 74% of middle/junior high,

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and 98% of senior high schools have either a vending machine or a school store, canteen, or snack bar where students can purchase food or beverages" [8].

- Innovative programs in many states, including Utah, and school districts demonstrate that kids will make positive choices-when healthful options are tasty, convenient and competitively priced [11], [12], [13], [14], [15].
- Many school districts are transforming their vending machines and a la carte items, offering more health-promoting foods and beverages such as fruit, bagels, string cheese, yogurt, and salad, as well as milk, water and 100% juice drinks. Many schools are now using programmed vend-

ing machines so students can't buy low-nutrient items at meal times or until the end of the school day. School administrators across the country report sustained or increased profits from the switch to health-promoting foods and drinks [16], [17].

- A number of schools, districts, and states are exploring "healthy" fund-raisers, including the sale of non-food items such as candles, sunscreen, wrapping paper, and T-shirts and physical activities such as walk-a-thons [16], [18].
- In Montana, "Recess Before Lunch" has been successful in improved student behavior, improved cafeteria atmosphere and decreased food waste." [19].

[1] U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity. 2001. [2] Food, Nutrition, and Consumer Services/USDA. Foods Sold in Competition with USDA School Meal Programs: A Report to Congress. 2001. [3] Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance-United States 2001. MMWR Jun. 21, 2002 51 (SS04): 1-64. [4] USDA. Team Nutrition Call to Action: Healthy School Nutrition Environments. [5] American School Health Association, Association for the Advancement of Health Education, and the Society for Public Health Education. The National Adolescent Student Health Survey. Oakland, CA: Third Party Publishing, 1989. [6] Satcher, D. Pound-foolish. Education Week. 2002. [7] Centers for Disease Control and Prevention. Guidelines for School and Community Programs to Promote Lifelong Health Eating. MMWR Recommendations and Reports 1996 45 (RR-9): 1-33. [8] Centers for Disease Control and Prevention (Division of Adolescent and School Health). School Health Policies and Programs Study (SHPPS). 2000. [9] Center for Food and Justice & Urban and Environmental Policy Institute. Challenging the soda companies: the Los Angeles Unified School District soda ban. Sept. 2002. [10] Nestle, M. Food Politics. Berkeley: U of California P, 2002. [11] Parents Advocating School Accountability. San Francisco middle school banishes cafeteria junk food. Feb. 2003. [12] Jirka, B., and Stauss, J. Models of excellence. School Foodservice & Nutrition. Oct. 2002: 36-42. [13] Albertsen, D. Educating the whole adolescent. Principal Leadership. Mar. 2003: 71-74. [14] Newby, P. E. Balancing good health and finances. Healthy Schools Summit. Oct. 7, 2002. [15] Grasmick, N. Improving academic performance-an educator's perspective. Healthy Schools Summit. Oct. 7, 2002. [16] Center for Food and Justice & Urban and Environmental Policy Institute. Challenging the soda companies: the Los Angeles Unified School District soda ban. September 2002. [17] Uhlman, M. School fund-raisers take healthier approach. Philadelphia Inquirer. Mar. 4, 2003. [18] Melendez, M. Food's place in school vending machines. Newhouse News Service. February 2003. [19] Centers for Disease Control: Team Nutrition Making it Happen! School Nutrition Success Stories, January, 2005. [19] Montana Office of Public Instruction: Team Nutrition Recess Before Lunch Information Packet, June 2003.